

# Oral Cancer

## Possible Signs and Symptoms

- a white or red patch in the mouth
- a sore, irritation, lump, or thickening in the mouth
- hoarseness or a feeling that something is caught in the throat
- difficulty chewing or swallowing
- difficulty moving the jaw or tongue
- numbness of the tongue or other areas of the mouth
- swelling of the jaw that causes dentures to fit poorly or become uncomfortable

See your dentist or physician if any of the above symptoms lasts for more than 2 weeks.

## Have an Exam

A head and neck exam should be a routine part of your dental visit. Ask your dentist or physician to do the exam at least once a year.

### Early Detection Saves Lives!

It's important to find oral cancer **EARLY**—before it has time to spread. The survival rate is much better for those whose cancer has not spread to other parts of the body.

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## Lower Your Risk

- Don't use tobacco products—cigarettes, chew or snuff, pipes, or cigars
- If you drink alcohol, do so only in moderation
- Eat a diet rich in fruits and vegetables (research suggests that such a diet might lower the risk of oral cancer)

**Remember: *Early detection saves lives!***

For more information on oral cancer, contact

### **National Oral Health Information Clearinghouse**

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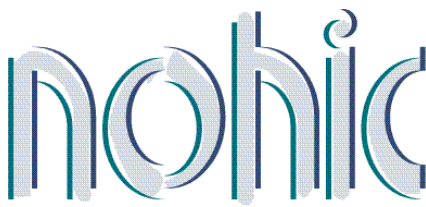
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A message from the National Oral Health Information Clearinghouse, a service of the National Institute of Dental and Craniofacial Research, National Institutes of Health



**National Oral Health Information Clearinghouse**  
*a resource for special care patients*